

At Entire Health,

our aim is to help you reduce pain, improve movement and speed recovery from injury so that you are happy, healthy and back to your normal life as soon as possible. Our Physiotherapists have been servicing the Redcliffe peninsula since 1991! Over this time we have worked tirelessly to make Entire Health the first choice in allied health care to the private, corporate and sporting sectors.

Entire Health is the official physiotherapy provider for the Redcliffe Dolphins, Peninsula Power, and Redcliffe Triathlon Club.

OUR SERVICES INCLUDE:

- PHYSIOTHERAPY
- HYDROTHERAPY
- EXERCISE PHYSIOLOGY
- REMEDIAL MASSAGE
- DIETETICS
- PILATES

THE LEADING
PROVIDER OF
PHYSIOTHERAPY
AND ALLIED
HEALTH SERVICES
IN NORTH BRISBANE



entire^ehealth

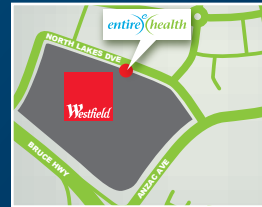
Redcliffe

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Fax: (07) 3203 5144
Dolphins Health Precinct,
Cnr Klingner & Ashmole Rd,
PO Box 1047,
REDCLIFFE QLD 4020



North Lakes

Ph: (07) 3491 6166
Fax: (07) 3491 6033
Westfield North Lakes
(Above North Lakes Tavern)
PO Box 395,
NORTH LAKES QLD 4509



Kallangur

Ph: (07) 3491 7323
Fax: (07) 3491 7838
Cnr Anzac & School Rd,
(Inside the Family Practice)
(PO Box As Redcliffe)
KALLANGUR QLD 4503



PHYSIO ONLY CLINICS

Redcliffe Peninsula Medical Centre

Corner Anzac & Boardman Ave
Kippa Ring QLD 4021



Castle Hill Medical Centre

Shop 5/272 Dohles Rocks Road
Murrumba Downs
Qld 4503

The Bay Family Medical Centre

75 Bailey Rd
Deception Bay
Qld 4508

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- HYDROTHERAPY
- EXERCISE
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DEDICATED
TO YOUR
ENTIRE HEALTH
NEEDS!



PHYSIOTHERAPY

Our Physiotherapists are experts in assessing and treating joint, muscular and nerve pain. They are University trained, fully qualified, registered practitioners who abide by a professional code of ethics and can be consulted without a doctor's referral. Our physios are constantly upgrading their knowledge and skills by regularly attending conferences and seminars to ensure the best outcomes are achieved. At Entire health you will be assessed, treated and educated on your injury. Strategies to prevent re-occurrence will be provided as well as a home program to get you back on your feet as soon as possible. Treatment is aimed at facilitating pain relief, correcting muscle activation, hastening natural healing processes, returning normal joint movements & muscle lengths.

- Back pain
- Neck pain
- Sports injuries
- Workplace injuries
- Headaches
- TMJ (jaw) disorder
- Ligament strain eg. ankle/knee
- Muscle strains
- Respiratory problems eg. pneumonia, asthma
- Walking difficulties
- Nerve Palsy eg Bell's
- Incontinence
- Post-orthopaedic rehabilitation eg. joint replacement/reconstruction

We process Private Insurance rebates via Hicaps. DVA, EPC, Workcover & 3rd Party are also accepted.

LYMPHOEDEMA THERAPY

Lymphoedema is a chronic condition characterised by swelling in certain parts of the body. Complex lymphoedema therapy (performed by a Physiotherapist with specialised training) uses the principles of massage, skin care, exercise and compression. The aim is to reduce or control the swelling, improve the range of movement and prevent infection.

VESTIBULAR REHABILITATION

The vestibular system contributes to balance and to the sense of where we are in space. Our specially trained Physiotherapist can help with disorders of this system such as BPPV, labyrinthitis, vestibular neuronitis, and Meniere's disease and reduce and eliminate symptoms such as dizziness, nausea and vertigo.

HYDROTHERAPY

Hydrotherapy is a gentle form of physiotherapy treatment focused on exercises in a heated pool. This has been shown to be beneficial for many forms of injuries and pain and can be used in all age groups. An ability to swim is not required!

EXERCISE PHYSIOLOGY

Our Exercise Physiologists (EP's) are University trained allied health professionals who specialise in designing a suitable and safe exercise program that is comfortable and works for you! They are able to provide a program which caters for injury, chronic disease or the prevention of these. EP's also work towards behavioural modification to ensure that the benefits of exercise are maintained. Conditions treated include diabetes, osteoporosis, depression, cancer, arthritis, musculoskeletal pain and many more. Our EP's can help get you started towards a healthier future by providing encouragement and support to enhance your motivation and ensuring that your exercise program becomes part of your lifestyle.

BOUNCE BACK SPINAL REHABILITATION

BOUNCE Back Spinal Rehabilitation BOUNCE Back (BB) is an eight-week course that provides a systematic approach to Spinal Stability and education. It caters for both Upper body and Lower body in beginner and intermediate levels. BB exercises are based on the latest research in spinal stability & have proven results!



PILATES

Pilates is a form of exercise which uses a focus on stability and controlled movement to help strengthen and mobilise joints and give you confidence in your body. It's also an excellent way of managing and improving musculoskeletal pain. Pilates is versatile and dynamic and can be as challenging or as relaxing as you need. Our group classes have a maximum of 6 people per class, so it is always personal. There are a variety of classes to choose from such as Mat, Strong and Stable, Studio Reformer and Super Rehab classes. We offer an option to become a Pilates member and enjoy 2 classes per week at a substantial saving with many other benefits.

Official
Physiotherapists
for:



Redcliffe Tri Club



MASSAGE

Remedial massage is the assessment and treatment of soft tissue dysfunctions that cause pain or restrict movement. As a recognised treatment with many health funds part of the cost can be claimed back, unlike a relaxation massage. Massage is an excellent complimentary treatment to Physiotherapy and/or Exercise Physiology. Massage assists the body's natural ability to heal itself. It relaxes and tones the muscles preventing injuries, increases circulation and therefore improves the delivery of oxygen and nutrients to all body cells. In short - Massage makes you feel great!

DIETITIAN

Our Accredited Practising Dietitian offers professional expert advice on all aspects of healthy eating, and diet related illnesses and issues. They have the knowledge and skills to help you with whatever nutrition or diet requirements you might have, including obesity, diabetes, heart disease, gastrointestinal disorders, malnutrition and food allergies/intolerances.



HEALTH MANAGEMENT STRATEGY

Entire Health has developed the Entire Health Management Strategy. We work as a team of health professionals to address the issues stopping you from feeling your best. Your plan may include Physiotherapy, Remedial massage, Exercise Physiology, Pilates and Dietary advice – whatever you need. If required, we can also refer you to specialists such as Podiatrists, Psychologists, Specialist Doctors or for investigations.

